

Aerobics Class Schedule for Cactus Fitness Center Summer 2004

Morning Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m. - 8:55 a.m. Instructor / Dolores	Low Impact Class	Low Impact Class	Stretch Class	Low Impact Class	Fit Ball Class	
9:00 a.m. - 9:55 a.m. Instructor / Dolores	Step Aerobics Class	Basic Step Circuit	Total Body Conditioning	Step Aerobics Class		
10:30 a.m. - 12:00 p.m. Instructor / Ayers		Intermediate Hatha Yoga				
11:00 a.m. - 12:30 p.m. Instructor / Moon				Intermediate Hatha Yoga		
12:15 p.m. - 1:45 p.m. Instructor / TBA		Beginning Hatha Yoga				
1:30 p.m. - 2:00 p.m. Instructor / Birch						H.E.R.O. Little Dragon Program
2:15 p.m. - 3:00 p.m. Instructor / Birch						H.E.R.O. Child Program
3:30 p.m. - 4:00 p.m. Instructor / Birch		H.E.R.O. Little Dragon Program				
3:30 p.m. - 4:15 p.m. Instructor / Adam			Story Stretchers			
4:15 p.m. - 4:45 p.m. Instructor / Birch		H.E.R.O. Child Class				
4:00 p.m. - 5:30 p.m. Instructor / Monica				Beginner Hatha Yoga		
4:15 p.m. - 5:00 p.m. Instructor / Adam			Story Stretchers			
5:30 p.m. - 6:30 p.m. Instructor / Debbie	Basic Step Circuit					
5:45 p.m. - 6:45 p.m. Instructor / Alfraid			Beginning Pilates			
5:45 p.m. - 7:15 p.m. Instructor / Debbie		Low Impact and Tone		Step and Tone		
6:45 p.m. - 7:45 p.m. Instructor / O'Hara	Beginning Pilates					
7:00 p.m. - 8:00 p.m. Instructor / Alfraid			Beginning Pilates			*Classes Begin week of 6/7/04
7:30 p.m. - 8:30 p.m. Instructor / Debbie		Cardio Kick Class		Cardio Kick Class		revised 4/22/04 jlms

Sections in black denote courses that you must register through Leisure Education Office.

Please check the back of this sheet for fees and brief descriptions of all classes listed above.